



Gearing Up For Your Transitions

11 Warning Signs of Depression

- Persistent sad, anxious, or "empty" feelings
- Feelings of hopelessness, worthlessness, or helplessness
- Frequent crying episodes. Increased agitation and restlessness
- Fatigue and decreased energy
- Loss of interest in activities or hobbies that were once pleasurable
- Difficulty concentrating, remembering details, and making decisions
- Sleeping too much or not enough
- Poor appetite or overeating
- Expressing thoughts of dying or suicide
- Persistent aches or pains, headaches, cramps, or digestive problems that don't ease with treatment.